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Thursday, March 25, 2010

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Caya G. F. Betico Croes 111 - Tel: 588-9517 - Fax: 588-9518 - E-mail: themorningnewsaruba@gmail.com

The 9th Art Competition of Recycled Material to start May 17



Every year Aruba Hotel and Tourism Association's (AHATA) Environment Commission organizes a tremendous Art Competition of recycled materials.

This year the ninth Recycling Competition will take place on May 17th – May 21 at the National Library in Oranjestad, and on May 24 – May 28 at the National Library in San Nicolas. The official opening will be on Monday, May 17th at 4 p.m. at the Oranjestad Library. The awards ceremony will take place at the San Nicolas Library on Friday May 28, at 3 p.m.

The goal of the competition is to make everyone aware of the 3-R's, Reduce, Reuse and Recycle. This can be done in fun and creative ways, but at the same time being aware of our environment.

Materials which can be reused are foam, cans, plastic, paper, glass, aluminum or carton and additionally glue and paint.

Last year a total of 19 schools, five Hotel/Groups and 15 individuals (amateur/pro-



fessional) participated.

There is going to be 6 categories:

Elementary School, classes

1 -3

Elementary School, classes

4 -6

Secondary School

Individual Amateur

Group/Hotels/Businesses

Everyone will have the opportunity to use their creativity and present a useful yet, decorative work of art.

Three judges will be there and their criteria will be based on: product chosen, creativity, details and finishing touch, %

of recycled material used and the technique used, use of the piece, if one or more reused materials were used.

All participants will receive a certificate and the winners will get attractive prizes by different sponsors. Visitors will also have a chance to win a prize.

Everyone is invited to participate especially the schools. To inscribe or for more information please call Vanessa Rasmussen at AHATA at 582-2607. The last day to inscribe is Monday may 3rd.

Pact to cut US-Russia nukes; signing in 2 weeks

WASHINGTON (AP) — After long and trying negotiations, the U.S. and Russia have reached agreements for a historic new treaty to reduce the nuclear arsenals of former Cold War rivals, officials said yesterday. President Barack Obama and Russian President Dmitry Medvedev are to sign the pact in two weeks in Prague.

The deal is seen as an important step toward rolling back global nuclear dangers and sealing an increased level of trust and cooperation between the U.S. and Russia, who possess the vast majority of the world's nuclear arms and have labored under strained relations in recent years.

Obama and Medvedev are expected to seal the deal when they talk by telephone this week, setting the stage for a White House campaign to win Senate ratification. The treaty also must win approval by the Russian Duma, and the two legislative processes are likely to take months.

Robert S. Norris, a longtime analyst of U.S. and Russian nuclear arsenals, said Senate ratification would not be easy.

"Hard negotiations with the Russians will now be followed



US Secretary of State Hillary Clinton (L) shakes hands with Russian Foreign Minister Sergei Lavrov (R) in Moscow

by hard negotiations with Republican senators to achieve ratification," Norris said.

Though the State Department said the two countries were still working out unspecified final technical details, spokesman Mark Toner said there had been discussions with the Czech government about holding a signing ceremony in Prague — where Obama last April declared his vision of a nuclear-free world.

In fact, the Czech officials went ahead and announced that Prague would host the signing.

They did not give a date, but Russian and U.S. officials said it was expected to be April 8.

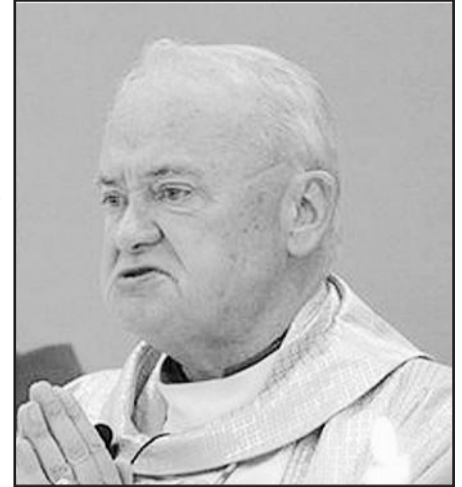
The new agreement to reduce long-range nuclear weapons would replace the 1991 Strategic Arms Reduction Treaty, which expired in December. An important feature of the new deal is that it includes a mechanism for verifying that each side complies — an element that was absent from a 2002 deal, known as the Moscow Treaty, that accelerated the weapons reductions laid out in the 1991 treaty.

Irish bishop resigns, apologizes to abuse victims

DUBLIN, Ireland (AP) — Pope Benedict XVI accepted the resignation of an Irish bishop yesterday for his failure to report child-molesting priests to police — and faced a renewed reminder of the German abuse case most closely linked to his own time in charge of Munich.

Bishop John Magee — who served as secretary to Benedict's three papal predecessors before returning to Ireland in 1987 — apologized to victims of any pedophile priests who were kept in parish posts during his 23 years overseeing the southwest Irish diocese of Cloyne.

"To those whom I have failed in any way, or through any omission of mine have made suffer, I beg forgiveness and pardon," the 73-year-old Magee said in his resignation



Bishop John Magee

statement. Irish government investigators are continuing to explore Cloyne abuse cover-ups and expect to report findings later this year.

The Vatican is on the defensive over ever-unfolding accusations that church leaders have protected child abusers for decades in many countries.

Obama signs order on abortion and healthcare

WASHINGTON — President Barack Obama signed an executive order on abortion yesterday that had won crucial votes for his healthcare bill, but disappointed women's groups that have been among his most enthusiastic supporters.

The order is intended to ensure the new healthcare law will maintain a ban on the use of federal money to pay for abortions, except in cases of rape or incest, or if the life of a woman is in danger.

The White House announced on Sunday that Obama would sign the order in

exchange for support for the massive healthcare overhaul bill from Democratic abortion rights opponents' in the House of Representatives.

The support from the roughly dozen members of that group, led by Representative Bart Stupak, was essential to get the 216 votes necessary for the House to pass the bill.

Abortion rights advocates said they were furious about the signing, which they said gave extra weight to an anti-abortion measure known as the Hyde Amendment, but acknowledged they were unlikely to campaign against healthcare reform or most candidates who supported the bill.

While Obama celebrated his signature healthcare law with two public events on Tuesday, he signed the executive order behind closed doors, at an event attended by some of the abortion opponents but closed to the press.

Chavez foe to remain in custody until trial

CARACAS, Venezuela (AP) — An opponent of President Hugo Chavez must remain in jail until he goes on trial for remarks he made on a television talk show, a judge ruled yesterday.

The judge refused to release Oswaldo Alvarez Paz on grounds that he could flee the country and ordered him to remain in police custody at the headquarters of Venezuela's

state intelligence service, said Alvarez Paz's attorney, Omar Estacio. Alvarez Paz has been charged with conspiracy, spreading false information and publicly inciting crime.

The charges stem from his comments during a talk show March 8, when he said Venezuela has turned into a haven for drug traffickers and he also backed allegations by a Span-

ish judge that Venezuela's government has cooperated with the Basque separatist group ETA and Colombian rebels.

Chavez has dismissed those accusations as lies. Alvarez Paz stands by his words and denies breaking the law.

The politician's detention this week has drawn condemnation from Venezuela's opposition, human rights activists and the U.S. government.

Gloria Estefan to lead march in Cuba

Gloria Estefan has organized a march in her native Cuba to support a women's campaign group in the country.

The singer has thrown her support behind the Ladies in White - Las Damas de Blanco - a group of women whose husbands and sons are among journalists, political dissidents, writers and poets who were rounded up and jailed in 2003 for opposing the regime of former president Fidel Castro.

The group marches every year to mark the anniversary of the arrests, known as the Black Spring, but one of their recent protests in Havana on 17 March was marred by vio-

lence, with police forcibly hauling the women away.

The incident infuriated Estefan and she has now backed their campaign by organizing another march in Havana for today.

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Aruban search of photo spot on hold



ORANJESTAD, Aruba -- Aruban authorities have delayed a search of an area shown in underwater photograph possibly showing human

remains, a prosecutor said yesterday.

The picture has renewed interest in the nearly 5-year-old Natalee Holloway case.

Aruban prosecutor Peter Blanken said yesterday that the search of the area is on hold pending further investigation to determine a more precise location.

No other details were given.

Ann Angela, a spokeswoman for Blanken, said last week that officials first heard of the picture -- taken in October by a vacationing American couple -- on March 18.

"We have received the picture, and the diving team of the Aruban police will start doing

preliminary work at the spot where we believe it was taken," Angela said.

She declined to identify the location, saying authorities want to avoid attracting on-lookers during the search.

The picture has raised the notion that, if it shows human remains, they could be those of Holloway, an 18-year-old Alabama high school student whose disappearance nearly five years ago while on a graduation trip to Aruba was widely publicized.

Holloway was last reported seen leaving a bar in the capital of Oranjestad on May 30, 2005.

Salvadoran leader apologizes for bishop's killing

SAN SALVADOR, El Salvador -- El Salvador's first leftist president publicly apologized on behalf of the state yesterday for the assassination of a Roman Catholic archbishop 30 years ago at the outset of the country's civil war.

Archbishop Oscar Arnulfo Romero, a human rights proponent who spoke out against repression by the Salvadoran army, was gunned down March 24, 1980, as he celebrated Mass in a hospital chapel.

Shortly before, Romero challenged soldiers from the pulpit to stop their repression in a famous address, declaring that "no soldier is obligated to obey a law against the law of God."

President Mauricio Funes said Romero was killed by right-wing death squads "who unfortunately acted with the protection, collaboration or participation of state agents."

"These illegal armed groups terrorized the civilian population during those dark years, leaving behind thousands of victims," Funes said, unveiling a mural commemorating Romero at the international



People carry posters with the image of Archbishop Oscar Arnulfo Romero while participating in a rally to commemorate the 30th anniversary of Monsignor Oscar Arnulfo Romero's death

airport outside the capital, San Salvador.

Nobody has been convicted for Romero's killing.

In 1993, a U.N.-sponsored truth commission determined that the assassination was or-

dered by a former army major and Maj. Roberto D'Abuisson, founder of the Nationalist Republican Alliance party. D'Abuisson had died the year before. But an amnesty law was passed shortly before those findings were made public.

The Nationalist Republican Alliance, or Arena, governed El Salvador from 1989 to 2009 and never accepted the results of the commission's investigation.

Funes, elected last year, said his government accepts that the investigation uncovered "the truth in the case of the assassination of Monsignor Romero."

Funes' leftist party, the Farabundo Marti National Liberation Front, is an outgrowth of the rebel movement that fought U.S.-backed right-wing governments for 12 years before laying down arms in 1992 and becoming a political party. The civil war caused more than 75,000 deaths.

Thousands of Salvadorans yesterday to remember and honor Romero at the church where he was killed.

Labour, D66 agree Amsterdam alliance

The Labour party and Liberal democrats D66 will work together to form a new administration for Amsterdam after all.

Last week, D66 pulled out of the coalition talks after Labour leader Lodewijk Asscher was appointed acting mayor to replace Job Cohen.

Former integration minister

Eberhard van der Laan, tipped as a possible candidate to succeed Cohen, is currently brokering the talks.

"The PvdA and D66 will form the axis of the new coalition," said Labour negotiator Carolien Gehrels. "The axis was broken but has been repaired."

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Two last presentations on March 29 and 31 Aruba su Secretonan Natural-Aruba's Natural Secrets

ORANJESTAD -- For those who did not get the opportunity to see this documentary, now is the chance to do so. On Monday, March 29 and Wednesday, March 31, there will be two last presentations of the successful documentary by Aldrich Croes, "Aruba su Secretonan Natural" -- Aruba's Natural Secrets.

Everyone who saw this documentary was very impressed, commenting they never imagined that Aruba is so beautiful and that it sometimes transforms and reveals a beauty not known. Others were asking for a Part II.

Producer and director of the

documentary Aldrich Croes commented that in July they will start with the filming of Part II and it will take more or less a year to finish it. This Part II will focus on Aruba's underwater treasures and some other new secrets that the public present brought to the attention of Mr. Croes.

"E Brug" foundation wants to thank the community for the support received and announced that this year a new version of "E Brug" will be printed for the youth of Aruba.

Tickets for the two last presentations of Aruba's Natural Secrets are available at all bookstores.

Wilders pulls out, film premiere scrapped

AMSTERDAM, The Netherlands -- Geert Wilders has pulled out of attending the premiere of an American film about his anti-islam campaign because of anti-gay comments made by one of the film's backers.

Martin Mawyer, founder of the conservative Christian Action Network, has said in the past that homosexuals are 'perverse' and spread disease.

"I am not ready to give this great nation over to one-world government extremists ... radical, disease-carrying homosexuals ... anti-family lesbian feminists," he is quoted as saying on one website.

Wilders says in yesterday's Telegraaf he is pulling out of the May 1 premiere to avoid

giving the impression that he agrees with Mawyer.

On Monday, Wilders said he was aware that CAN was opposed to gay marriage but did not consider that an obstacle to working together because it was a political standpoint.

"I totally disagree with them about this gay marriage," Wilders was quoted as saying by the Pers. "But they can make a film about me."

The PVV party leader has always made gay rights a central part of his anti-Islam stand.

The film premier's organizers have now cancelled the event to 'avoid creating any false impressions about our agenda and goals, or those of Geert Wilders', they said in a statement.

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Great steaks are a family tradition at El Gaucho Restaurant



Meaty Ribs



Chimichuri and spicy onions

Aruba's longest established and most popular Argentinean steakhouse, El Gaucho, is still going strong after 33 successful years. Two-time winner of the prestigious Wine Spectator Award of Excellence, the restaurant proudly displays the numerous accolades it has received from other such notable wine and food societies as Chaîne des Rôtisseurs, as well as coveted awards for excellence such as the Worldwide Marketing Organization of Mexico, Golden Trophy for Quality Award of Excellence from France, Arch of Europe for Quality from Business Initiative Directions of Germany and International Award for Tourism, Hotel and Catering Industry from Spain.

Recognized around the world for its quality of service and cuisine, El Gaucho's heartiest applause comes from its loyal clientele, who recommend the restaurant to friends and family with complete confidence in their satisfaction.

When asking a frequent island visitor where they go for a great steak, you will find most frequently their #1 choice will be The Gaucho Steak; a generous portion of prime tenderloin, charcoal-grilled to perfection. El Gaucho Restaurant also boasts the biggest shishkebab in the Caribbean, as well as a varied menu of fresh local fish and seafood, and everyone's favorite cut of steak and ribs.

2009 has brought some wel-



The famous Gaucho steaks



come changes; an expanded food and wine menu and the restaurant is now open on Sundays. A variety of lamb and veal dishes now garnish the menu, as well as a hearty 20-oz rib eye to satisfy your appetite.

El Gaucho Restaurant is open for lunch and dinner

Monday through Saturday from 11:30 a.m. until 11:00 p.m., and on Sunday from 5:30 p.m.. Visit their online guestbook at www.elgaucho-aruba.com, and peruse the glorious praise their receive from their devoted fans, as well as the updated menu.

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Bush seen wiping hand on Clinton's shirt in Haiti



PORT-AU-PRINCE, Haiti -- Former Presidents George W. Bush and Bill Clinton clasped hands with residents of one of Haiti's massive tent cities Monday on a tour of its quake-devastated capital — a visit intended to remind donors of the immense needs facing the recovery effort.

After shaking hands with residents, Bush appeared to wipe his hand on Clinton's shirt, according to a video shot at the scene.

The two former leaders, who were tapped by President Obama to spearhead US fundraising for the crisis, made their first joint visit to Haiti.

Champers sorbet to raise \$500 per glass for Haiti

AUCKLAND, New Zealand - Two Auckland businessmen have come together to create a \$500 Cristal champagne sorbet, topped with gold-leaf shavings, to raise money for Haiti earthquake victims.

The Wine Vault's Jayson Bryant and gelato-maker Gianpaolo Grazioli, of Queen St's Giapo store, have created the sorbet to raise more funds for the country.

The pair wanted to create an elite, exclusive and decadent sorbet that would draw in expensive-tasting buyers and in turn donate thousands of dollars for the Red Cross' international appeal for Haiti.

Mr Bryant said the aim was to bring the Haitian earthquake - in which an estimated 220,000 people were killed, including three New Zealanders - back to the forefront of people's minds.

"Since the quake in Chile, Haiti has been a bit forgotten. It's not an immediate disaster anymore.

"We wanted to support the continued relief of Haiti," he said.

The sorbet is made from a recipe that includes organic sugar, Cristal champagne, mineral water and gold-leaf shavings.

The full proceeds of any of the sorbet sold will go to the



An example of the Gold Leaf Champagne Gelato Ice Cream

Red Cross Haiti earthquake appeal. Mr Bryant said Cristal was chosen because of its high profile and prestige as one of the best champagnes.

"It's the most exclusive, the most recognised, elite champagne around. The sorbet is expensive and charitable, to highlight the need for continued support in Haiti."

The sorbet has a 2 percent alcohol content and will be packaged in a glass cup.

So far, companies including ASB, Vodafone, Telecom and Saatchi & Saatchi have ordered a cup each.

Mr Grazioli said Saatchi & Saatchi was in the process of building a website to promote the sorbet and to collect additional donations for the Red Cross Haiti earthquake appeal.

Aruba's Mini Mega lottery has another winner



On March 24, a happy Vieris Odor-Ras entered the offices of Lotto Pa Deporte, Aruba's national lottery, to collect her winnings. She won AWG 400,000 with the Mini Mega. The numbers: 02-23-25-26 and mega ball 05, were her picks. They are all the birthdays of her children and grandchildren. She has been playing the same number for many years, and had bought her ticket at Kekmaline Lottery. Mrs. Odor-Ras said she will invest the money in the education of her children and grandchildren and give some away to charity. Photo shows Mrs. Odor-Ras with her family showing off her check.

TV movie on Amish school shooting draws criticism



FILE - In this Oct. 5, 2006 file photo, Amish buggies travel in a procession in Bart, Pa., during the first of four funerals planned for the day

LANCASTER, Pa. (AP) — The authors of a book about the mass shooting at an Amish school in Pennsylvania are distancing themselves from a movie adaptation airing on the Lifetime Movie Network.

The authors of "Amish Grace: How Forgiveness Transcended Tragedy," say they declined to work with the producers of a similarly named movie out of respect

for the community affected by the shooting in Nickel Mines.

Five girls died and five others were badly wounded when Charles Carl Roberts IV barricaded himself inside the West Nickel Mines Amish School and opened fire in October 2006.

Elizabethtown College professor Donald B. Kraybill and two co-authors say their publisher, Jossey-Bass, sold the film rights to the book. They say they'll donate their proceeds to charity.

"Amish Grace" is airing Sunday.



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New ancestor? Scientists ponder DNA from Siberia

NEW YORK (AP) — In the latest use of DNA to investigate the story of humankind, scientists have decoded genetic material from an unidentified human ancestor that lived in Siberia and concluded it might be a new member of the human family tree.

The DNA doesn't match modern humans or Neanderthals, two species that lived in that area around the same time — 30,000 to 50,000 years ago.

Instead, it suggests the Siberian species lineage split off from the branch leading to moderns and Neanderthals a million years ago, the researchers calculated. And they said that doesn't seem to match the history of human ancestors previously known from fossils.

So the Siberian species may be brand new, although the scientists cautioned that they're not ready to make that claim yet.

Other experts agreed that while the Siberian species may be new, the case is far from proven.

"We really don't know," said Ian Tattersall of the American Museum of Natural History in New York, who wasn't involved in the new research.

But "the human family tree has got a lot of branchings. It's entirely plausible there are a lot of branches out there we don't know about."

The discovery "is like many new finds," said Eric Delson of Lehman College of the City University of New York, who didn't participate in the new work. "You say, 'I think this is different, but I'm not sure.' And then you look for more material and you try to make better comparisons."

The researchers, who say the Siberian species is not a direct ancestor of modern-day people, hope further genetic analysis will show if it's a new species. Some experts are skeptical about whether such



analysis will resolve that.

"We weren't alone," said Todd Disotell of New York University, who was familiar with the new work. "When we became modern, we didn't instantly replace everybody. There were other guys running around who survived quite well until very, very recently."

Just last month, other researchers used DNA analysis to show the genetic diversity still present in residents of Africa, the cradle of the human race. And another project produced the first genome of an ancient human — a man who lived in Greenland some 4,000 years ago.

The new work, published online Wednesday by the journal Nature, is reported by Johannes Krause and Svante Paabo of the Max Planck Institute for Evolutionary Anthropology in Leipzig, Germany, and others.

They describe mapping

DNA from what appeared to be a youngster's pinkie finger bone, which had been recovered in 2008 from Denisova Cave in Altai Mountains of southern Siberia. They showed how it differed from DNA of 54 modern-day people and six Neanderthals.

Their analysis indicated the Siberian species last shared a common ancestor with modern humans and Neanderthals about 1 million years ago. That in turn suggested there was a previously unrecognized migration out of Africa around that time, they said.

The work decoded the complete set of DNA from mitochondria, the power plants of cells. That's different from the better-known DNA that comes from cell nuclei and determines things like eye color. Paabo said the researchers are working to decode nuclear DNA from the Siberian species. That will reveal whether it was closely related to Neanderthals or today's humans, and answer questions like whether it interbred with Neanderthals or ancestors of modern-day people, he said.

Without a completed analysis of the nuclear DNA, "we are not saying this is a new species," Paabo said, although he said that's a likely possibility.





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Science/Tech

By 7 months, baby knows your moods



Babies can discern a voice's emotional state by 7 months old, and they use adult-like mental processes to do it, suggests a new study.

The finding underscores the evolutionary importance of emotional communication — "survival of the fittest" could, in part, be survival of the best empathizer.

Previous research has shown that babies develop sound preferences before they are even born. Newborns as young as a couple days old prefer voices to random sounds, and can distinguish their own mother's voice from that of another female's.

But the tactics of newborns are different than the mental processes used by

adults, said the current study's lead researcher Tobias Grossmann of Birkbeck College in London working in collaboration with colleagues at the Max Planck Institute for Human Cognitive and Brain Sciences in Germany.

Newborns use the "baby teeth" of the brain to process sound until adult tools develop.

Hearing voices

To determine when adult processes come into use, researchers examined infants 4 and 7 months of age. The babies sat on their caregivers' laps in a dim room, while audio clips of voices and non-vocal sounds were played over a loudspeaker.

With the help of a comfy and technologically cutting-edge hat, their brains were monitored with near-infrared spectroscopy (NIRS), a non-invasive technique that measures the amount of oxygen being used by different areas of the brain. Just as legs need more oxygen when running, areas of the brain increase their oxygen intake when exercising by, say, processing a sound. NIRS captures these changes in oxygen concentration in a localized manner, allowing researchers to see which brain region is doing the work.

The brains of the 7-month-old infants, but not those of the 4-month-olds, responded to voice clips like adult brains, using the same regions of the brain as adults. This suggests that between 4 and 7 months, adult-like processes for attending

voices start taking over, Grossmann said.

Baby talk

Next, the researchers added emotion to the vocal clips by using strings of emotionally-loaded words said with inflection. Again, the older infant brains reacted like adult brains.

A small region within the temporal lobe, which is associated with hearing, responded more strongly to furious voices than any other sound. But the frontal cortex, which is involved with higher-order functions such as decision-making and planning, was more attuned to joyful tones than angry ones.

"Happy speech may be processed deeper than other types of speech," Grossmann said.

The finding might give insight into the value of baby talk, also called "motherese," suggest the researchers. Motherese, when compared with adult conversation, is generally slow in tempo, rises and falls in pitch and, most importantly for this study, has cheery inflections. Motherese has previously been found to aid an infant's mental development, especially the learning of language.

"A happy tone of voice does something special to the baby's brain," Grossman said.

The ability to prioritize sounds of both rage and joy was likely selected for by evolution. Anger signals a potential threat, while attending to friendly voices might help us learn about the world, form attachments and find advantages in relatively stable conditions, Grossmann said. More research is needed to firmly link the brain responses measured in this study to behavior, he noted.

Being able to discern emotions, he said, "may have enabled the development of more sophisticated social processes." And it was likely critical to our success as a species.

Prosecutors to seek 25 years for TJX hacker

BOSTON — A computer hacker who helped orchestrate one of the largest thefts of credit and debit card numbers in U.S. history faces sentencing this week for hacking into computer systems of major retailers, including TJX Cos., BJ's Wholesale Club and Sports Authority.

Prosecutors plan to ask for a 25-year prison sentence for Albert Gonzalez, a former federal informant from Miami who pleaded guilty

last year in three separate hacking cases brought in Massachusetts, New Jersey and New York.

The sentence sought by prosecutors is the maximum under the terms of plea agreements in cases against Gonzalez brought in Massachusetts, New Jersey and New York. He will be sentenced in all three cases during hearings Thursday and Friday in U.S. District Court.

His lawyer will argue that

European privacy battle looms for Facebook, Google



GENEVA (AP) — You have been tagged in 12 photos — even if you're not signed up to the Web site.

European regulators are investigating whether the practice of posting photos, videos and other information about people on sites such as Facebook without their consent is a breach of privacy laws.

The Swiss and German probes go to the heart of a debate that has gained momentum in Europe amid high-profile privacy cases: To what extent are social networking platforms responsible for the content their members upload?

The actions set the stage for a fresh battle between

American Web giants and European authorities a month after an Italian court held three Google executives criminally responsible for a user-posted video.

Any changes resulting from the investigation could drastically alter the way Facebook, Google's YouTube and others operate, shifting the responsibility for ensuring personal privacy from users to the company.

Swiss and German data protection commissioners are demanding that Facebook explain its practice of allowing users to upload e-mail addresses, photographs and other personal details about people who haven't signed up to the site.

Sony calls Nintendo 3DS 'a little bit of a stretch'

Sony reportedly believes that Nintendo's foray into the 3D space with its 3DS isn't a very good idea.

Speaking to IGN in an interview, Sony director of hardware marketing John Koller said that he's not quite sold on the 3DS and wonders if it will enjoy the kind of broad market appeal some of Nintendo's previous portables have, due to Nintendo's perceived young audience.

"Having been in the portable space for quite awhile, I think it's an interesting move but one I'd like to see where they go from a demographic standpoint," Koller said, according to the article, adding, "8- and 9-year-olds playing 3D is a little bit of a stretch given where some of our research is right now."

For its part, Sony believes that the future in 3D is in the console. Koller said Sony in-

tends to invest in 3D gaming for its PlayStation 3. A firmware update bringing 3D gaming to the PS3 is coming at some point in the future.

At CES earlier this year, Sony showed off the PS3 running 3D games. CNET editor Jeff Bakalar had the opportunity to play Wipeout 3D on the PlayStation 3 there and said the experience was "truly immersive." Bakalar said after playing 3D titles on the PS3, he's "officially a believer in gaming in the third dimension."

Whether or not the Nintendo 3DS will cause a similar reaction remains to be seen. It's also worth noting that Sony competes in the mobile market with its PSP, so it makes sense for the company to chime in on the 3DS. But once the 3DS hits store shelves, it should be interesting to see if Sony's predictions come true.

Men set record in veggie-oil-powered van

NEW YORK -- Two Canadians said their record-setting drive in a vegetable-oil-powered van reached 23,697 miles in New York.

Tyson Jerry, 26, and Cloe Whittaker, 24, said they reached the mark -- enough to surpass the alternative-fuel driving record set two years ago by a German team using natural gas power -- Monday at New York's Robert F. Wagner Middle School, and they are expecting the drive home to Victoria, British Columbia, the New York Daily News reported Tuesday.

The pair began their trek in South Carolina in November using a 1993 Delica Mitsubishi, which runs on used cooking oils collected from restaurants along their cross-country route.

They said they hope their accomplishment will spark more interest in biofuels.

"A veggie oil tank is not going to solve all the problems in the world, but we just want kids to start thinking about other ways to get around besides using gas," Whittaker said.

OfficeMax, BostonMarket, Barnes & Noble, Sports Authority and the Dave & Busters restaurant chain.

In December, he pleaded guilty to conspiracy to gain unauthorized access to computer servers at the Maine-based supermarket chain Hannaford Brothers; the convenience store chain 7-Eleven Inc.; and Heartland Payment Systems Inc., a New Jersey-based processor of credit and debit cards.

HEALTH

Picky eaters - patience pays



The daily frustrations of trying to convince your child to eat healthy, nutritious foods may be a daunting task, especially when your efforts end up lining the floor and table-top instead of your child's stomach.

Picky eating, mostly found in toddlers, is more common than you may think. Some children are merely trying to express their independence where others only need a little more encouragement, as part of their emotional and physical development.

Here are a few practical guidelines that you, as a parent or caregiver, can initiate to put your child on the path to better nutrition:

Routine

Try to keep meal and snack times at the same time every day. With this, make sure that your child is not given any snacks or drinks (besides water) in the hour before the next set meal. If he/she refuses to take any foods at a sitting, don't give in; wait until the next meal and offer something different.

Environment

Allowing your child to eat in any place can result in a lack of discipline and control. It is best to make sure that meal times are an occasion for the whole family, ideally enjoyed at a table.

Maintaining a relaxed, pleasant atmosphere and avoiding the presence of any distractions, such as toys or television, may also be helpful.

Preparation

Include your child in all aspects of preparing a meal, starting at the supermarket, as this may spark a greater interest in what those foods may taste like. Allow your child to help choose and prepare the vegetables and other healthy items you buy, making sure that the process is fun and informative for him/her.

If you are trying to introduce a new, specific food item, it is always beneficial to combine that item with another that you know your child already likes (e.g. cauliflower with cheese sauce or pumpkin with cinnamon and a pinch of brown sugar).

If you find that your child is repeatedly refusing something, try to hide it in meals, such as chopped carrots/pureed pumpkin with bolognaise or beans mashed with potatoes. Food items can also be ground or pureed to change the texture - serving the food like this may be more acceptable to your child and he/she can get used to the taste of it in this way.

Serving

Food presentation is a very important factor in a child's decision to try or refuse a new food item. Again, allow your child to be involved in the process - cut out shapes from the foods with a cookie cutter (where possible) or try to form a picture such as a smiley face on the serving plate.

Also make use of a variety of foods in attractive colours so that the meal appears palatable. Most children do not like different food items touching each other when served, so try to keep them separate throughout preparation.

Serving foods at different temperatures (hot, neutral or cold) and allowing reign (within reason) over which condiments your child would like to use may also be helpful in acceptance.

At the end of the day, it is important to respect and not force your child to do anything. Avoid the use of bribery with other food items like sweets or chocolates (offer a trip to the beach or the park instead) and remember that you should act as a positive role model so that healthy habits are inculcated

in your child, which is a determinant for their future food choices.

Finally, as you implement these ideas, patience is a virtue - repeated exposure to foods on a number of occasions may be necessary. It is typical for a picky eater to only resume normal eating habits as he/she sees fit but hang in there - your cooking skills will eventually be enjoyed and your efforts will pay off.

Try some of the following fun ideas:

- * Fruit smoothie - 1 cup plain vanilla/flavoured yogurt, 1 banana/fruit of your choice, 1 cup milk, ½ cup ice blocks - Blend until at preferable consistency

- * Banana and cinnamon pancakes

- * Soft boiled eggs with whole wheat toast fingers

- * Sweet potato oven fries
- * Macaroni and cheese with broccoli

- * Veggie/fruit/chicken/seafood skewers

- * Bite-sized snacks - a tray with various food items can also be offered between meals. Try sliced apple, celery stalks, carrots and broccoli trees with dippers such as peanut butter, cottage cheese or yogurt to make it more interesting. Frozen fruits (grapes and berries) are also a perfect treat!

Treating Plantar Warts

Plantar warts are painful bumps that affect the soles of the feet. They're caused by a virus, and are typically picked up by walking barefoot on surfaces where the virus lurks.

The American Podiatric Medical Association offers these suggestions for treating plantar warts:

Don't attempt to treat them yourself with an over-the-counter medication. Instead, seek professional treatment.

If you have diabetes, a circulatory problem, immune system condition, or neurological problem, tell your medical professional, who should implement treatment with caution.

Understand that warts are easily spread elsewhere on your body or to others. Don't delay in having warts evaluated by a professional.

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Menstrual cramps may be helped by new drug

A new drug shows promise in treating severe menstrual cramps, researchers say.

The condition, called dysmenorrhea, affects 45 percent to 90 percent of women of child-bearing age and is the leading cause of school and job absenteeism among women in their teens and 20s, according to a news release from the American Chemical Society. Existing treatments, such as pain relievers, anti-inflammatory drugs and oral contraceptives, are ineffective in nearly one-third of women with moderate to severe dysmenorrhea, the news release noted.

Menstrual cramps are caused by contractions of the uterus. In dysmenorrhea, the uterus contracts with increased frequency.

The British pharmaceutical company Vantia Ltd. has developed an investigational pill, called VA111913, that's designed to block the hormone vasopressin, which plays a role in regulating contraction of the uterus.

Last year, a stage 1 clinical trial showed that VA111913 was safe. The drug is currently in Phase 2 clinical trials to evaluate how well it works to control pain in women with dysmenorrhea. The results of the studies, which are being conducted by Vantia, are expected later this year.

"We hope that the drug will provide a more effective

tive treatment option for millions of women worldwide with this painful condition," Vantia's Andrzej R. Batt, said in the news release. "Dysmenorrhea not only diminishes the quality of life for millions of women, but also has a hidden, society-wide economic cost that involves an enormous number of days lost from work and school."

Details about the drug were to be presented Tuesday at the national meeting of the American Chemical Society in San Francisco.

Tip: Recovering from LASIK

LASIK eye surgery reduces a person's need to wear glasses or contact lenses. But an improvement in vision often isn't quick.

The U.S. National Library of Medicine says here's what you can expect after the procedure:

- * Initially, the affected eye may burn, itch or feel like you've got something in it. Avoid rubbing the eye under any circumstance.

- * You may have hazy or blurry vision on the day of the surgery. But it should subside soon afterward.

- * You may need to wear a protective shield over your eye until your follow-up appointment with the doctor, which typically is 24 hours to 48 hours after surgery. If you have severe pain after the procedure, do not wait for the follow-up appointment to call your doctor.

- * You shouldn't drive until you can see clearly.

- * Avoid using hot tubs or whirlpools, swimming, playing sports, and wearing cosmetics or lotions around the eyes for two to four weeks after the surgery.

- * Expect that your vision may not fully stabilize for three to six months.

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Artist makes movie for potted plants



A group of house plants sit quietly watching probably the first travel documentary for a vegetable audience.



The screen is partially blocked by one of a group of house plants watching probably the first travel documentary for a vegetable

NEW YORK CITY -- From Avatar to Lord of the Rings, plants are no strangers to playing big movie roles, but no one's ever shot a film the plants themselves can watch. Until now.

In a New York art gallery, seven house plants have spent the last seven weeks watching Strange Skies, probably the first travel documentary for a vegetable audience.

The movie by conceptual artist Jonathon Keats consists of idyllic Italian skies recorded over a two-month period and condensed into a six-minute dawn-to-dawn span.

Sitting attentively in cinema-like rows - a majesty palm partially blocking the view of rubber plants behind it - the potted audience basks in an electric version of Italian sunshine.

Keats - who previously used footage of bees pollinating flowers to make pornography for plants - says an aspiring film maker can't compete with such people as Avatar director James Cameron.

"But then I realised there's a much larger audience - there are many more plants than people - that were not being serviced," he said.

"I wanted basically to provide plants with what companies such as Disney or MGM provide humans."

In the film, projected onto a fluttering white cloth, clear dawn gives way to high cirrus, the occasional airplane trail, a fleeting cameo fly-by of a bird, then dusk.

The movie has no sound. Other than an alarming loss of leaves among the ficuses, there is no discernible reaction.

The extraordinary



A photographer takes a picture of a wooden house which is built upside-down in Gettorf, northern Germany. The fully furnished so-called 'crazy house' has a kitchen, a bathroom, a living room and a sleeping room. Visitors have to pay an entry fee to enter this tourist attraction which is set up at the local zoo. It opens to the public on March 30



Peruvian surfer Domingo Pianezzi rides a wave with his alpaca Pisco at San Bartolo beach in Lima, Peru. Pianezzi has spent a decade training dogs to ride the nose of his board when he catches waves, and now he is the first to do so with an alpaca

A 6-year-old boy displays his hands and feet at a hospital in Shenyang, Liaoning province. The boy born with 15 fingers and 16 toes underwent a 6 1/2-hour operation on March 23, to remove the extra digits.

Doctors at the hospital said the gruelling surgery for the six-year-old boy from Harbin was a success. Such conditions are usually genetic, according to experts.

The boy's mother said he had been ridiculed and called a 'monster' by his schoolmates in kindergarten.

Experts said a gene mutation contributed to the aberrance.



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Earth Hour is March 27



Malaysia's Petronas Towers blend into the night after being switched off for an Earth Hour on March 28, 2009.

Earth Hour 2010 takes place this Saturday, on March 27 at 8.30 pm (local time) and is the world's largest global climate change initiative.

It's a global call to action for individuals, businesses and communities around the world. It's a call to stand up and take

responsibility. Iconic buildings and landmarks from Europe to Asia to the Americas will stand in darkness for one hour.

Show support for the future of our planet and work together to create a sustainable low carbon future for Mother Earth.

Fair Trade bridal couple is on the island Celebrities in the making The Boardwalk Resort



Wanda Freeke (35) and Calech Brandsen (37) were planning to get married in 2009 when they happened to win the contest of 'Fair Trade Bridal Couple'. The two were selected out of 300 couples who entered the contest, which entailed getting their entire wedding and honeymoon to Tanzania paid for. Fair Trade is the organization which fights for reasonable prices for products from across the world; in Holland the name is the Max Havelaar Stichting.

The couple from Breda is greatly anticipating the

hooplah that will surround their upcoming nuptials in May. "I am getting a fantastic wedding dress made of 'approved' cotton and even my shoes need the Fair Trade stamp of approval before I am allowed to wear them," laughs an excited Wanda.

The wedding ceremony will be performed in Amsterdam by Dutch celebrity Jos Brink. Afterwards, there is a dinner in a Fair Trade restaurant, where chefs are taught how to cook with Fair Trade products. And then there will be a huge party on a tall ship, sailing the IJ river up and

down.

Their televised wedding will make Wanda and Calech instantly famous in the Netherlands. For now, however, they were just enjoying the peace and quiet of Aruba. Photo shows residential cat 'Doorcat' (instead of doormat) lying in her customary place right in front of The Boardwalk's entrance, regally accepting the attention from Wanda and Calech, who were on the island for a few days on a business trip.

They loved The Boardwalk Boutique Hotel in Bak-

Malaysia to switch to biofuel next year

KUALA LUMPUR, Malaysia - Malaysia, the world's second-largest palm oil producer, will make it mandatory for all vehicles to use biofuel from next year, the government announced yesterday.

Malaysia's plans to shift to biofuel -- a mixture of diesel with five percent processed palm oil -- have been delayed over the past few years due to price fluctuations.

The plan will now be implemented in stages in several central states from June 2011, the Plantation Industries and Commodities Ministry said in a statement, adding that the extra cost will be borne by petroleum companies.

The policy "will benefit the country as biofuel is environmentally friendly and it will reduce our dependence on petroleum diesel," the ministry said.



A worker sorts out oil palm bunches before processing them at a factory in Dengkil, on the outskirts of Kuala Lumpur.

"It will also strengthen the palm oil prices and enable the planters, especially smallholders, to benefit from the stronger palm oil price."

The ministry said it will discuss the implementation mechanism with petroleum companies, while the government will set up six petro-

leum depots with blending facilities.

The government has said the switch to biofuel will help reduce the cost of fuel in Malaysia, where petrol is subsidised, but conservationists have criticised oil palm plantations for destroying wildlife habitats.

CAR TOONS



PICKLES



CALVIN and HOBBS



MOMMA



CROSSWORD

- ACROSS: 1 "Oh, dear!", 5 Animal companions, 9 Hollywood profession, 14 Trouser adjunct, 15 Workout memento, 16 Beef classification, 17 New Haven university, 18 Fired off, 19 Needed healing, 20 Doesn't mince words (2 words), 22 Soon-to-be adults, 23 Stand in the way of, 24 Expressions of delight, 26 Steep, rugged cliff, 29 Country roads, 33 Egg-beating utensil, 37 Wan, 39 Instrument in the reed section, 40 Verdi opera, 41 Pass along, 42 Gospel writer, 43 Western author Zane ___, 44 Chops down, 45 Chasing, 46 Type of ticket, 48 Prepare prunes, for example, 50 Egg on, 52 Reason behind behavior, 57 Food from heaven, in Exodus, 60 Can't shut up (2 words), 63 Vertical, 64 Butter substitute, 65 Surprise attack, 66 Weighing device, 67 Shrimp snares, 68 Tortoise-hare affair, 69 Destroy documents, 70 Audible votes, 71 Passed with flying colors, 6 Canyon sound, 7 You, to a Quaker, 8 Brouhaha (hyphenated), 9 Unconcern, 10 Gives a false alarm (2 words), 11 Shower stall square, 12 Foreshadowing, 13 Side in the game of checkers, 21 Boot a ball, 25 Follow orders, 27 Zenith, 28 Strong winds, 30 Share a border with, 31 Oxen coupler, 32 Visionary, 33 Doggie greetings, 34 Add to the payroll, 35 Creative notion, 36 Surrenders (2 words), 38 Linger on, 41 "You ___?" (butler's line), 45 G.I. on the lam (abbr.), 47 Made a speech, 49 Raise in relief, 51 Dark, heavy wood, 53 ___ firma, 54 Sir ___ Newton, 55 Diva's pride, 56 Through, 57 Slob's creation, 58 Foot part, 59 Close at hand, 61 On the safe side, at sea, 62 ___ carotene

Now Hear This!

#64

63 Thoroughfares

Grid for crossword puzzle 63 with words like SPIC, AIDA, MAIN STREET, etc.

Friday's answer

Large crossword puzzle grid with numbers 1-71.



February 20 - February 26
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Sudoku

Sudoku grid with some numbers filled in.

SOLUTION grid for the Sudoku puzzle.

Complete the grid so that every row and every column contains the numbers 1 through 9
A number is Never repeated in a row or column.
In addition every rectangle must contain the numbers 1 through 9

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Colombia could overtake Venezuelan oil production in '10 years'

An emerging markets fund manager predicts that within ten years Colombia could be producing more oil than neighboring Venezuela.

Francisco Alzuru, who runs the Hansberger Emerging Latin America Fund, predicts that "within 10 years time you could potentially have Colombia producing more oil than their neighbour Venezuela."

Alzuru commented that while Venezuelan oil production is declining, Colombia's production is "growing tremendously."

Colombia's oil industry is booming thanks in part to security improvements and business-friendly policies imple-

mented by President Alvaro Uribe, who gained office in 2002.

Alzuru notes that Pacific Rubiales, the Canadian-listed oil firm, has increased production from "a few thousand barrels a day ... just from the recovery of oil wells that were given up in the 70s and 80s due to the guerrilla issue and also the prices of oil."

Figures released by Pacific Rubiales in January show that the company expects the oil output of its Colombian operations to increase to 400,000 or 500,000 barrels a day in the next four years.

Bank of America to offer home loan write-downs

WASHINGTON – Under pressure from Massachusetts Attorney General Martha Coakley, Bank of America yesterday said it would offer about \$3 billion in loan forgiveness to about 45,000 troubled homeowners.

Bank of America pledged to offer an "earned principal forgiveness" of up to 30 percent

for homeowners nationwide who owe more than 120 percent of the value of their home.

The U.S. bank, the largest in terms of assets, has about 1.5 million home loans behind on payments by 60 days or more.

The plan, to begin in May, is the first by a U.S. mortgage lender to take a systematic approach to reducing mortgage principal to tackle the thorny issue of preventing foreclosures when home values drop well below the amount owed.

The forgiveness would be offered in two stages for the riskiest loans, including sub-prime loans and loans that offered borrowers multiple options for how much to pay each month.

Ineligible are 30-year fixed-rate loans.

The forgiveness can let a homeowner bring the loan value back down to 100 percent of the home's value over five years.

Fitch downgrades Portugal

LISBON, Portugal – Fitch Ratings cut Portugal's sovereign credit rating by one notch to AA- yesterday, citing budgetary underperformance in 2009 and warning that a similar outcome this year and next could cause another downgrade.

The change underlined concerns that the debt troubles that have afflicted Greece will move to other of the euro zone's weaker economies, and it drove European stocks and an already battered single currency lower.

Stop throwing away money on advertising and start using the #1 way to generate new paying customers!

by Ken Varga



Ken Varga

Hi, I am Ken Varga. I want to share with you some of the ideas, strategies, and principles that allowed me to build 35 businesses during my career.

By earnestly applying the ideas, you will learn how you too can build your business to success, while living an unhurried life, filled with family, friends, fun and a relaxed attitude.

I hope all of you have spent this last week determining ways to use direct mail in your business.

This week I'm going to give you a quick summary of how, where, why you can, and why you must use direct mail in your business.

First, let me state how you should look at direct mail.

It is salesmanship or sales-womanship in print.

As such, it affords you the opportunity to take your most powerful sales presentations and turn them into a printed message that you can deliver on the desk, in the hands, in the minds, and in the eyes of all the prospects you want to reach.

And trust me, it is very powerful.

Direct mail gives you enormous flexibility and enormous possibilities.

It allows you to contact people and businesses your normal selling methods will not afford you the chance to reach...both monetarily and physically.

For example: let's say that your business has one location and you have no salespeople out in the field. You're limited

to just the people who come to you and see your advertising.

If I happen to be reading a magazine, newspaper, or listening to a radio show, maybe I'll see your message.

But if I'm not doing those things you won't reach me.

Let's say I inquire at your place of business; I come in, but I don't buy.

Or, say that I call up for information, but I don't follow through.

Or, say I send away for information on your product or service, but I don't buy.

You could send me a follow-up letter, or a series of progressive follow-up letters, that build a case for your product or service, that create a desire for your product or service, that develop my understanding of your product or service, that ultimately transform and convert me from a suspect to a prospect, and finally turn me into a loyal customer.

Direct mail can be used in many different situations:

(1) It's a great way to prospect for new customers.

(2) It's a powerfully effective way to give you access to markets and prospect's you couldn't normally justify accessing.

Direct mail allows you to go deeper to smaller customers, and further to customers outside your direct selling area. It gives you enormous flexibility.

(3) It's an incredibly powerful means to follow-up on all of the people you've had an initial contact with, even if your initial contact was on the web.

Direct mail offers you great flexibility and many options in the way you can use it...

You can access everyone within a certain geographical area, new potential customers who have recently moved into your area, anyone whom you feel would benefit the most with your products.

I will guarantee you that direct mail will produce more new customers, than any amount of money you are cur-

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rently spending on advertising.

Most of the advertising I see, to me, is a total waste of money.

It's image advertising, versus direct-response advertising.

In a future issue, I will write about the difference.

You may be asking yourself: "Well, what about the Internet? Isn't that a better way to reach potential customers?"

I would say "that depends".

See, if you can do joint ventures with other businesses on the Internet, or you can implement an effective Co-registration campaign, you may be able to find prospective customers quickly, and in large amounts.

But if you are looking at using search engine marketing, or email, to find prospective customers, I would say that direct mail, in the majority of cases, will give you better results.

The rise of Spam filters, and the legal requirements for opting in to your list before you can send an email to a prospective customer, has greatly reduced any advantage the Internet may have provided over direct mail.

However, using direct mail and the Internet together can have a great impact on reaching prospective customers. The way to use them together is to send a direct mail piece that gets prospective customers to go to your web site. At your website you can present your offer in full, or provide the opportunity for prospects to opt in to your list.

Once they've opted in to your list, you can make further contact by email.

So direct mail and the Internet can work beautifully together. But direct mail can help you reach potential customers and make that first contact when email, or other Internet methods, can't.

Well, that's it for this tip. In the next tip, I'm going to show you some examples of how you can use direct mail to create more new customers for your business.

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Want kids to eat veggies? Keep it simple, study says



SINGAPORE – For all those parents out there who struggle to feed their children vegetables, Dutch researchers have some advice: keep them crunchy by steaming or boiling them.

Researchers from Wageningen University tested two readily available and commonly eaten vegetables -- carrots and french beans -- that had been cooked in six different ways on groups of primary school children to find out which was their preferred way of eating them.

The carrots and beans were mashed, steamed, boiled, stir-fried, grilled and deep-fried and then served to the children, whose ages ranged from 4 years to 12 years.

A control group of 18-25 year-old adults was also served the same vegetables prepared in the same methods.

The researchers, who said that children in many countries ate less vegetables than the amount recommended by healthcare professionals, found that the majority of children liked the steamed or boiled vegetables the best.

They attributed this to the fact that the carrots and beans retained their original taste, color and crunchiness, and that this way of cooking, which many children were familiar with, kept the vegetables' surface uniform and without any brown coloring.

"Vegetable liking was determined by a complex mixture of a uniform appearance, textures that are easily controllable in the mouth and the typical, familiar vegetable taste," the study's authors said in a statement.

"Although future research should confirm our findings, our study indicated that it is promising to offer children vegetables that are as crunchy as possible, with the typical vegetable taste and a uniform surface without brown coloring and without a granular texture."

DO NOT use
your mobile
while DRIVING

A must see while on Aruba Zeerover

Savaneta is the village where the Dutch first came on the island. The Spanish and Dutch came to land through a bay. These high rank officers called 'commandeurs' build their headquarters, so they called the bay Commandeursbaai. At the end of the 18th century the commandeurs moved to the Paardenbaai (Oranjestad). Years later the town near the Commandeursbaai was called Savaneta. Savaneta is papiamento for small meadow.



In savaneta there is a 'secret' place and not really mentioned for tourists. It is called Zeerover (pirate). You can have so much fun there it would be a crime not to tell you about it. As long as you keep it the way it is and not behave like tourists, we're pleased to show you this place. Zeerover is kind of a fish auction.



All day long, but especially at the end of the afternoon, the fisherman bring their catch of the day in: the fresh fish you can get, in sizes you can hardly imagine. Directly after the fish is brought ashore it gets cleaned, chopped to pieces and sold. It's often sold even before being caught.



Along the years Zeerover has become more than just a fisherman's spot: it has become a place to meet and talk things over for the local people. They talk a bit, drink their beer, eat some of the fresh fish, play some pool or domino. This is why Zeerover is so special: it's a local known place in Savaneta, not yet explored by tourists. That's also why we ask you: if you go there, please behave and keep it the way it is.



Hour of exercise may be too much for busy women



CHICAGO, Illinois – Healthy middle-aged women will be hard pressed to get in the full hour of moderate exercise it will take to avoid gaining weight as they age, and it may be too challenging for some.

A study found that middle-aged women need to get at least an hour a day of moderate exercise if they hope to ward off the creep of extra pounds that comes with aging.

"Time is a four-letter word," said Eva Lazarra, 48, a pharmacist at Loyola University Medical Center in Illinois, who was taking a break from work to lift weights at the facility's fitness center.

"In a realistic world of a working mom with a family, it can be difficult. I've done my best," said Lazarra. "I have done marathons. I have done triathlons. Unfortunately, we have to start looking at prevention, and that being part of our daily life."

President Barack Obama and First Lady Michelle Obama are already waging a war on childhood obesity. It may take a similar push in adults to help them avoid the health consequences of obesity such as heart attacks, strokes and diabetes.

Already, two-thirds of U.S. adults and nearly one in three

children are overweight or obese -- a condition that increases their risk for diabetes, heart disease and other chronic illnesses.

The United States spends nearly \$150 billion a year on obesity and related complications -- twice what it cost in 1998 and more than every cancer cost put together.

Many experts, including the independent and influential Institute of Medicine, have said it will take policy changes at all levels of government to help Americans exercise more -- by creating bicycle paths, reducing crime in rough neighborhoods and building more public transport.

Dr. Mary Tillema, 42, a neonatologist at the medical center, said an hour a day of moderate exercise will be tough. "I think that's a lot to ask of the typical person. If I don't watch what I eat, I gain, even though I try to consistently exercise."

Tillema works out three to four days a week, with a routine that includes 35 minutes of cardiovascular exercise and about a half hour of weight training.

"I'd like to think that I can get away with less, but I can't because I see the weight start to creep up and I don't feel as good. But I certainly don't get an hour a day," she said.

Sheila Anderson, 50, of Berwyn, Illinois, works out at the fitness center three to four times a week, doing 45 minutes of cardiovascular training and a couple of hours a week of weight training.

"Does it strike me as too much?" she said of the finding. "Maybe. It sure is hard to fit in an hour each day. I could not come to the gym seven days a week," she said.

Dracula creator's relative seeks Dublin memorial

DUBLIN, Ireland – The Victorian Gothic novel Dracula is associated with the dense forests of Transylvania rather than the Georgian squares of Dublin, but the great great nephew of its Irish born author thinks that is an oversight.

In time for the centenary of Bram Stoker's death, which will be in 2012, Dacre Stoker has begun work to raise money to erect a memorial to his ancestor to join the statues and plaques commemorating Dublin's many other writers, such as James Joyce and Samuel Beckett.

"It's an oversight. There is no permanent memorial in his

home city to this guy," Dacre Stoker said.

Bram Stoker was born in 1847 in Dublin, where he lived until he moved to London when he was 31.

He attended Trinity College before working as a civil servant in Dublin Castle and as an unpaid theater critic for Dublin newspapers.

Of his several works of fiction, by far the best known is Dracula, published in 1897, in print ever since and made into numerous films.

Dacre Stoker, whose great grandfather was Bram Stoker's youngest brother, believes his ancestor must have drawn in-

spiration for his story of the undead, blood-sucking vampire from his early years in Dublin when his mother told him tales from Irish folklore.

There is also speculation he had his blood let as a child when suffering from a mystery illness.

Potent as the Dracula legend is, Dacre Stoker plans for the memorial to be a statue to the man Bram Stoker rather than his fictional character.

Dublin City Council has given initial agreement for a memorial and the next step is selection of an artist once enough seed capital has been raised.

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Bindi Irwin follows dad's "wild" footsteps into film

LOS ANGELES, California – She's the spitting image of her late father, has inherited his passion for wildlife, and now 11-year-old Bindi Irwin is following "Crocodile Hunter" Steve Irwin's footsteps into Hollywood-style movies.

Bindi made her feature film acting debut in "Free Willy: Escape from Pirates Cove," released Tuesday on DVD as the fourth movie based on the 1990's franchise about a young boy helping free an Orca trapped in captivity.

"Pirates Cove," however, is a new story about an Australian girl (Irwin) helping a baby Orca trapped at her grandfather's theme park on the shores of South Africa.

Growing up with a larger-than-life personality like Australian adventurer Steve Irwin, who died in 2006 after a stingray attack, seems like a natural evolution for Bindi.

She came into this world camera-ready when her father filmed her birth. Growing up, she often was featured on his shows such as "The Crocodile Hunter" and "The Croc Files" on U.S. TV network Animal Planet. For a while, Bindi even had her own kids documentary series, "Bindi the Jungle Girl."

At his funeral, in front of a crowd of 5,000 people and 300 million TV viewers around the world, Bindi, then 8, delivered an impassioned speech about the daddy she called "my hero."

"He's still my hero," Bindi said. "He taught me about documentary filming and to be comfortable around cameras. I used that during the filming of this movie because I wasn't scared to be around cameras."

While her late father's early instructions helped her feel at



Bindi Irwin

ease, it was her "Free Willy" co-star Beau Bridges -- who plays her grandfather, Gus -- who helped Bindi to begin laying the foundation for the building blocks of acting.

"I was a bit nervous about learning the lines but Beau taught me how to make them into a conversation," said Bindi. "He gave me 'Acting: The First Six Lessons' on audiotape and a book I'm reading right now."

"Free Willy" appears tailored for Bindi. Her character, Kirra, is the daughter of a zoo veterinarian (as was Steve Irwin) who interacts with all sorts of exotic animals from a penguin to a lion cub. Kirra also lost a parent at young age.

But Bindi said she did not feel like she was without her father on the "Free Willy" shoot.

"There is so much footage of my dad out there," said Bindi. "While we were in South Africa, every morning we'd watch him on Animal Planet, then go and film the movie."



Henin beats Craybas in 1st round at Key Biscayne



KEY BISCAIYNE, Florida (AP)—Justine Henin has advanced to the second round of the Sony Ericsson Open by beating Jill Craybas 6-2, 6-2. Henin double-faulted five times Wednesday and struggled with inconsistent groundstrokes. But she saved seven of eight break points while converting five of six. The 33rd-ranked Henin, a

former No. 1 and seven-time Grand Slam champion, is mounting a comeback this year after a 20-month retirement. She'll play fifth-seeded Elena Dementieva in the second round Friday.

Seeded players had a first-round bye.

Karl might miss rest of regular season

DENVER (AP)—The Denver Nuggets might not have coach George Karl back on the sideline until the playoffs begin next month.

Karl is undergoing treatment for throat and neck cancer and, according to a blog by his girlfriend, he was hospitalized this week with blood clots in his lungs and a leg.

Adrian Dantley has served as acting head coach for eight games since Karl announced

Against Craybas, Henin lost her serve in the second game and sometimes struggled to hold after that. Serving for the match at 5-2, Henin overcame one break point and needed four match points to close out the victory.

just after the All-Star break that he had been diagnosed with cancer. Dantley is 5-3 in those games.

The Nuggets (47-24) are tied with Dallas in second place in the Western Conference standings and are clinging to a one-game lead over the Utah Jazz in the Northwest Division. They've lost two straight games, at home against Milwaukee, and at New York on Tuesday night, which kicked off a crucial five-game trip.

Karl, who beat prostate cancer a few years ago, is undergoing radiation and chemotherapy treatment and has missed the Nuggets' last three games. He did not accompany his team on its trip out East.

Karl's partner, Kim Van Deraa, wrote on her blog that Karl had to be rushed to the hospital on Sunday afternoon because he had difficulty breathing and one of his legs was extremely swollen. She wrote that he was diagnosed with blood clots in his lungs and leg and that he underwent a procedure to place a filter in his stomach that would catch any blood clots.

Karl was much improved by Monday night, Van Deraa wrote. She said, however, that they weren't sure when he would be released or when his radiation treatment would continue.

"We're hoping both occur—since it would mean he's gotten through the scare of the blood clots and we don't want to add any weeks onto the schedule of radiation," Van Deraa wrote in her blog, which was first cited by the Denver Post.

The Nuggets return from their trip on March 30 and play four of their last six games at home. Their regular season ends April 13.

The Nuggets also hope to have defensive stalwart Kenyon Martin back in mid-April in time for the playoffs.

NHL Standings

EASTERN CONF.

Atlantic	W	L	Pts
Pittsburgh	42	24	90
New Jersey	42	25	88
Philadelphia	37	30	79
NY Rangers	31	32	71
NY Islanders	29	33	68
Northeast			
Buffalo	37	22	88
Ottawa	37	30	79
Montreal	36	29	79
Boston	31	27	76
Toronto	25	34	64
Southeast			
y-Washington	47	14	106
Atlanta	30	29	75
Florida	28	31	69
Carolina	28	34	68
Tampa Bay	29	32	68

WESTERN CONF.

Central	W	L	Pts
Chicago	45	19	97
Nashville	42	26	89
Detroit	35	23	83
St. Louis	34	29	77
Columbus	29	31	70
Northwest			
Vancouver	44	24	92
Colorado	40	25	86
Calgary	36	27	81
Minnesota	35	31	76
Edmonton	23	42	53
Pacific			
Phoenix	46	22	97
San Jose	43	19	96
Los Angeles	41	24	87
Dallas	34	29	76
Anaheim	31	27	76

NBA Standings

EASTERN CONF.

Atlantic	W	L	Pct	GB
Boston	45	25	.643	--
Toronto	35	34	.507	9.5
N.York	25	45	.357	20.0
Phil	24	47	.338	21.5
N.Jersey	7	63	.100	38.0
Central				
y-Cleveland	56	15	.789	--
Milwaukee	39	30	.565	16.0
Chicago	33	37	.471	22.5
Indiana	24	46	.343	31.5
Detroit	23	47	.329	32.5
Southeast				
x-Orlando	50	21	.704	--
x-Atlanta	45	25	.643	4.5
Miami	37	34	.521	13.0
Charlotte	35	34	.507	14.0
Wash.	21	47	.309	27.5

WESTERN CONF.

Southwest	W	L	Pct	GB
Dallas	46	24	.657	--
San Ant.	42	27	.609	3.5
Memphis	38	33	.535	8.5
Houston	36	33	.522	9.5
N.Orleans	34	38	.472	13.0
Northwest				
Denver	47	23	.671	--
Utah	46	25	.648	1.5
Okl. City	42	27	.609	4.5
Portland	42	29	.592	5.5
Minn.	14	57	.197	33.5
Pacific				
x-LA Lakers	52	18	.743	--
Phoenix	45	26	.634	7.5
LA Clippers	26	44	.371	26.0
Sacra.	24	47	.338	28.5
Golden St.	19	51	.271	33.0

x-Clinched Playoff Spot; y-Division Champ

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matinee: 2:00 late show: 12:15

PG-13 THE BOUNTY HUNTER

daily: 5:45 8:15
matinee: 12:30 3:15 late show: 11:00

R EDGE OF DARKNESS

daily: 4:30 7:00 9:30
matinee: 1:45 late show: 12:00

PG BROOKLYN'S FINEST

daily: 6:00 8:45
matinee: 12:00 3:00 late show: 11:30

PG VALENTINE'S DAY

daily: 6:30 9:00
matinee: 12:45 3:45 late show: 11:45

PG ALICE IN WONDERLAND

daily: 6:00 8:30
matinee: 1:00 3:30 late show: 11:00

AT PASEO HERENCIA

PG HOW TO TRAIN YOUR DRAGON

daily: 4:00 6:15 8:30
matinee: 1:25 late show: 11:00

PG DIARY OF A WIMPY KID

daily: 4:30 6:45
matinee: 12:00 2:15 late show:

R CASE 39

daily: 5:45 8:15
matinee: 12:15 3:00 late show: 11:00

PG-13 OUR FAMILY WEDDING

daily: 5:30 7:45 9:45
matinee: 12:45 3:00 late show: 12:00

R FROM PARIS WITH LOVE

daily: 9:00
matinee: late show: 11:30

R GREEN ZONE

daily: 6:30 9:00
matinee: 1:00 3:45 late show: 11:30

R SHUTTER ISLAND

daily: 5:45 8:45
matinee: 2:45 late show: 11:45

HOW TO TRAIN YOUR DRAGON (Action/Adv.): A Viking teenager named Hiccup lives on the island of Berk, where fighting dragons is a way of life. The teen's smarts and offbeat sense of humor don't sit too well with his tribe or its chief... who just happens to be Hiccup's father. However, when Hiccup is included in Dragon Training with the other Viking teens, he sees his chance to prove he has what it takes to be a fighter.

On the road to 2010 FIFA World Cup South Africa

Kaka still striving for brilliance



Few people would dispute Kaka's enduring status as one of the leading players in the world. The highly gifted Brazilian has made a bigger impression than most on the global stage in recent years and is now bringing his talents to bear for Real Madrid as they set about relieving Barcelona of the league crown they won last year.

Club objectives aside, Ricardo Izecson Dos Santos Leite, to give him his full name, also has the national team very firmly in his thoughts. The on-field leader of the fearsome Seleção is gearing up for the 2010 FIFA World Cup South Africa™. And as he tells FIFA.com in an exclusive interview, the genial Kaka is aiming at nothing less than victory.

Not surprisingly, the playmaker was one of the architects of Brazil's impressive qualification campaign, one that he believes contained many high points for the men in green and yellow.

"It was a very long competition but it was a very positive one for us," he explains. "We had some good spells and some not so good ones, but we were pretty consistent overall and we finished in first place. Obviously, clinching our place in the finals against Argentina made it even sweeter. But that wasn't the only great result we had. We ended a long run without a win in Uruguay with an emphatic victory and in general it was a fantastic experience."

Now comes the hard part,

and Kaka knows as well as anyone that Brazil will have to fight hard at South Africa 2010, where they have been drawn in one of the toughest sections of all.

"It's a very difficult group, perhaps the hardest in the whole first round," he comments. "Coming up against teams like Côte d'Ivoire, Portugal and Korea DPR is a great motivation for us because it means we have to go into the World Cup at our very best. We'll need to prepare really well because if we don't, we could be in for a nasty surprise."

Club and country

As Kaka acknowledges, coach Dunga is the reason why A Seleção are heading into the tournament in such fine fettle. "He's a very serious, down-to-

earth person who always does things the right way," says the admiring No.10.

"He has a very coherent approach on and off the pitch and the results we've had could not be better. We won the Copa America and the Confederations Cup and we topped our qualification group. In doing so we overcame a lot of criticism and it was his serious attitude and calmness that helped us stay relaxed. The fact that he retired from the game fairly recently also means that he knows what players want and how to deal with them."

Asked if there are comparisons to be made between the side that flattered to deceive at Germany 2006 and the current crop, the Real Madrid playmaker has this to say:

Did you know?



He missed out on the 1998 FIFA World Cup, but stretched his international career further as he played two European qualifiers at the age of 36 before retiring from the international game in 1999.

Stuart Pearce, the current England U-21 boss and a member of Fabio Capello's senior staff, won 78 caps for his country.

The fiercely patriotic Pearce appeared in two FIFA World Cups™, famously breaking down in tears after missing a penalty in the 1990 semi-final shoot-out against West Germany, and two UEFA European Championships.

"There's a big difference. That was a very successful team that had won a lot of things but was coming to the end of an era. There are many younger players in the team now and we're very hungry. It's a side with a lot to prove but I think we're right where we need to be."

So are Kaka and Co out to set the record straight after the failure of four years ago? "I wouldn't put it that way," comes the answer, "but it's definitely a great opportunity to erase memories of last time. We reached three finals in a row between 1994 and 2002, and in that respect 2006 was sort of understandable. It was the end of a cycle for us. Several players have moved on and we're all expecting a successful new phase to begin. Let's hope it starts now in 2010."

Before South Africa comes around though, the Brazilian schemer has plenty of business to attend to with Real Madrid, namely their bid to bring an end to Barcelona's recent dominance in Spain. "Playing for Madrid is a great challenge," he says. "I had six unforgettable years in Milan, but this is a new adventure and I need to keep on improving and looking for new goals."

Among his club teammates, of course, is Cristiano Ronaldo, who will be lining up against Kaka when Portugal take on Brazil in Durban on 25 June. "It's fantastic to be playing with such terrific footballers. We're great friends and we have a good understanding on the pitch. He's amazingly talented and we can achieve big things together."

USA boss Bradley gets gong



US football coach Bob Bradley was named national coach of the year for 2009 by the US Olympic Committee on Wednesday for guiding the Americans into the 2010 FIFA World Cup South Africa™.

In 2009, Bradley's squad finished first in North, Central American and Caribbean zone (CONCACAF) qualifying for the global showdown that opens in June and also reached the finals of the CONCACAF Gold Cup and FIFA Confederations Cup.

Bradley became the first football coach to receive the award since its 1996 inception. "I'm honored to accept this award on behalf of our team as recognition for their outstanding performance in 2009," Bradley said. "Qualifying for the 2010 World Cup and reaching the finals of two major international tournaments were certainly important achievements and represent the collective effort of this group for the past three years."

The award was selected by a panel of professional coaches and sport educators from nominees made by US sport governing bodies.

Diego Maradona: Lionel Messi Matures With Giant Steps

Argentina national team coach Diego Armando Maradona has praised Lionel Messi's progress at just 22 years old, saying the diminutive star is "maturing with giant steps".

As reported by Marca, Maradona has also declared that Messi will certainly start for his team at the World Cup in South Africa in less than three months time.

"I see Messi as a fantastic player with a lot of skill and happiness when he plays. For me, he will definitely be a starter, along with [Liverpool midfielder] Javier Mascherano."

Maradona acknowledged: "There are Argentinian goalscorers in all of Europe's leagues and it will be a very competitive fight for the final spots." The coach has Gonzalo Higuain, Sergio 'Kun' Aguero, Carlos Tevez, Diego Milito, Ezequiel Lavezzi, and Martin Palermo fighting for a definite spot in the squad. "It will be difficult to leave some out, but I can only take 23 players," the former No. 10 acknowledged.

Argentina are set to face Canada in an international friendly match on May 24 in Buenos Aires.

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Hopkins and Jones rematch no "clown reality show"



Bernard Hopkins

NEW YORK – The rematch between Bernard Hopkins and Roy Jones Jr is not just two boxers in the twilight of their careers looking to settle an old score nearly two decades after they last fought, the pair said yesterday.

Speaking to reporters on a conference call ahead of their non-title fight in Las Vegas on April 3, the American boxers said they were still at the top of their game and some younger fighters did not offer the same competition.

"When we came up when we were younger we spent more time doing things that enhanced our skills, nowadays there is so much to do that you don't get much time

to work on your skills," the 41-year-old Jones said.

According to Jones, today's younger fighters spend more time with video games and other distractions instead of working on enhancing skills the way he did in his early days.

Jones, who beat Hopkins when the two fighters first met on May 22, 1993 in Washington for the IBF middleweight title, also said older fighters today were better conditioned than ever and that younger fighters, while fresher, were not as skilful.

Jones (54-6, 40 knockouts) defeated a 32-year-old Jeff Lacy last August before suffering a first-round knockout defeat by Australian Danny Green, then 36, in December, which triggered fears a rematch with Hopkins would not occur.

But in early February the two sides agreed to fight again.

Hopkins (50-5-1, 32 knockouts) even went as far as to say people would be just as interested in this fight as they would if retired basketball greats Michael Jordan and Magic Johnson played one-on-one.

"This is not on some clown reality show station where you have two wrestlers, two boxers, two old entertainers or two old singers squaring off on some reality show," said 45-year-old Hopkins. "This is the real deal."

NFL passes player safety rules

ORLANDO, Florida (AP) – NFL players should be safer during games thanks to several rules changes passed at the league meetings. They also might be playing longer in regular-season overtimes.

The NFL passed rules Wednesday to further protect defenseless players, including ball carriers who lose their helmet during a play. Seven of eight overall rules proposals were adopted, then several owners said they also expect the modified overtime for the playoffs that passed the previous day to be revisited in May to include the regular season.

"It's a better system, so why not have a better system every game?" Philadelphia Eagles owner Jeffrey Lurie said of expanding the new OT rule that allows a team losing the coin toss and allowing a field goal on the first series to then get a possession.

New York Giants owner John Mara added he expects discussion and possibly a vote on using the new OT system to occur at the owners meetings in Dallas in May. The change was proposed only for the postseason by the competition committee and was passed 28-4 Tuesday.

Commissioner Roger Goodell said the league wants to meet with the players and the networks for some input and further discuss the ramifications of expanding the OT change.

"We had a proposal for the postseason, we passed that with the understanding that it'll be discussed for the regular season," he said.

Goodell also mentioned scheduling only intradivision games on the final weekend of the season, and placing many such games in Week 16, as well. He said at the end of last season he was con-

cerned about teams not playing their regulars after clinching titles and is hopeful such scheduling would help avoid that.

The 2010 schedule will be released in April.

The key rules change for player safety bars a defenseless player from being hit in the head or neck area by an opponent who launches himself and uses his helmet, shoulder or forearm to make contact. Previously, those kind of tackles were banned against receivers who couldn't protect themselves, but now it will apply to everyone.

"These are very specific to very vulnerable moments in the game," Lurie said. "There's no reason not to protect these players. There's a history of potentially serious injuries in these types of collisions."

NFL rules also will now echo those in college when a player running with the ball loses his helmet. The whistle will blow immediately and the ball will be placed at the "progress spot" where the helmet came off.

The umpire now will be stationed behind the offensive backfield rather than in the linebackers area after the competition committee saw "a hundred" examples of umpires being run over.

Also passed Wednesday:

During a field goal or extra point attempt, the defensive team can't position

any player on the line directly across from the snapper. Previously, a player needed to have his helmet outside the snapper's shoulder pads.

A dead ball personal foul on the final play of the second or fourth quarters will cause a 15-yard penalty on the second half or overtime kickoff. Previously in those situations, no penalty was enforced, although players subsequently could be fined by Goodell.

If a punt returner makes a fair catch signal and muffs the ball, he is entitled to "reasonable opportunity" to catch the muff before it hits the ground without interference of the coverage team. The ball will be rewarded at the spot of the interference, but there will be no penalty yardage marked off.

When a ball strikes a videoboard (as one punt did last preseason at the new Cowboys Stadium), guide wire or sky cam, the play is whistled dead and replayed. The game clock is reset to when that play started.

The replay judge will be allowed to initiate a review if he believes there was some sort of interference with the ball. This is the only case outside of the final two minutes of the second and fourth quarters and overtime that the booth can order a replay.

Coaches can also challenge whether there was interference with the ball.

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